

May 2017



Happy Memorial Day!

**Senior Resource Center**

832 N. 14th Avenue  
Sturgeon Bay, WI, 54235  
Phone: (920)746-2542  
Toll Free: 1-888-743-1844 ext.2542  
Email: DCSRC@co.door.wi.us

**Aging & Disability Resource Center**

832 N. 14th Avenue  
Sturgeon Bay, WI, 54235  
Phone: (920)746-2372  
Email: ADRC@co.door.wi.us  
Website: ADRCdoorcounty.org

## ADRC STAFF

Director of Human Services ... Joe Krebsbach  
 Deputy Director ..... Cori McFarlane  
 ADRC/Aging Director ..... Open  
 Aging Services Manager..... Jake Erickson  
 Elderly Benefit Specialist ..... Mary Bink  
 Disability Benefit Specialist .... Jessica Holland  
 I & A Specialist ..... Jennifer Beck  
 I & A Specialist ..... Lisa VanAlstine  
 I & A Specialist ..... Anna Zahorik  
 Social Worker..... Kim Kramer  
 Social Worker..... Carol Lenius  
 Social Worker..... Erin Szakala  
 Transportation & Accounts ..... Robin Mark  
 Bus Driver/Transportation ..... Gary Hanson

Activities Coordinator... Jennifer Fitzgerald  
 Office Assistance ..... Wendy Schubert  
 Office Assistance ..... Barb Snow  
 Chef..... Arne Thompson  
 Assistant Cook..... Linda Will  
 Baker ..... Kathy Ash  
 Meal Site Manager ..... Nelvie Cauldwell  
 Washington Island  
 Meal Site Manager ..... Jamie Stephan  
 Baileys Harbor/Forestville  
 Meal Site Manager ..... Stacey Volkmann  
 Liberty Grove

The “ADRC Newsletter” is a monthly publication of the Door County Senior & Community Center. Our goal is to keep you informed of issues and events that may be of interest to you as well as available resources in Door County.

You can access the “newsletter” online by going to the Door County Website at [www.co.door.wi.gov](http://www.co.door.wi.gov) and clicking on Department, Senior & Community Center and Newsletter. You can also find it under Quick Links on the right side of the page.

If you would like to have a newsletter sent to you via email, please contact Wendy at [DCSRC@co.door.wi.us](mailto:DCSRC@co.door.wi.us) and you will be put on a list to receive one each month.

### Services Offered:

- Information and Referral Assistance with Community Programs and Resources
- Long-Term Care Options Counseling
- Volunteer Opportunities
- Transportation
- Health and Wellness Activities
- Fitness Room and Group Exercises
- Home Delivered and Frozen Meals
- 5 County-Wide Nutrition Meal Sites
- Caregiver Assistance for Friends/Family
- Support Groups

Our Disability and Elderly Benefit Specialists can help with the following:

- Medicaid and Medicare
- FoodShare
- Social Security Disability and SSI
- Prescription Drug Options
- Insurance Issues
- Housing and Utility Concerns

The Baby Boomer generation began turning 65-years-old in 2011. It will continue to do so at a rate of more than 8,000 people per day for the next 20 years according to the winter 2016-2017 publication of *Generations*, the Journal of the American Society of Aging.

In its most recent edition, *Generations* offers over 100 pages of policy suggestions to our new administration on the nation's aging population. The three main challenges identified regarding our nation's aging population are:

1. Can it promote a "more engaged, more productive, and healthier older population?"
2. Will it "finance the services and supports to enable older people to remain in their homes and communities, with the support of their families, and reduce the reliance on expensive medical facilities and interventions?"
3. Is there a way to "stimulate the innovation needed to transform how we live and work in older age so as to reduce the pressure on retirement and healthcare programs?"

By the year 2030, Social Security and Medicare recipients will double with the retirement of the Baby Boomer generation. This will affect healthcare spending, long-term care financing, retirement income programs, and economic growth for the nation; and since Door County is aging at a faster rate than most other counties in Wisconsin, we can expect to feel the effects at home.

For reference, let's take a look at how Door County compares to the rest of the state in relation to aging. Individuals aged 60+ from 2011-2015 made up 21% of Wisconsin's population. During the same time period, nearly 36% of the population in Door County was over the age of 60. And, while the average number of households with one or more people over 60-years-old constituted 35.5% of Wisconsin's population, over half of Door County's households included adults over 60-years-old (50.4%).

This means that our small county is tasked with a big job. Our economy, families, neighbors, non-profits, and governments need to support one another to keep our vibrant community healthy and prosperous.

A resource for our aging population, for individuals with disabilities that face similar challenges as the aging, and for those that care for and about these people is the Aging & Disability Resource Center of Door County (ADRC). The ADRC is collocated with the Senior Resource Center of Door County and offers programs and services that address each of the three policy suggestions identified in *Generations* most recent publication.

The ADRC partners with community organizations to offer educational programs, health & wellness classes, and social opportunities to our aging population. Individuals at the ADRC can help identify natural supports and assist with navigating community resources in order to maximize an individual's independence within their financial means. Additionally, ADRC staff can help identify and assist with applications for appropriate publicly funded programs that support healthy living at home as long as possible with aging and disabled individuals. And lastly, the ADRC offers support for caregivers so that they may continue to live life as close to 'normal' and continue to contribute to the community to the best of their ability.

If you have questions about the services provided by the Aging & Disability Resource Center to support yourself or somebody that you care for, please call 920-746-ADRC(2372) or stop by between 8AM and 4:30PM Monday-Friday at 832 N 14<sup>th</sup> Ave, Sturgeon Bay, WI 54235.

# MONTHLY CAREGIVER SUPPORT GROUPS

FOR PERSONS WHO ARE PROVIDING CARE  
FOR A FAMILY MEMBER OR FRIEND

*You are not alone.*

## **Sturgeon Bay Chapter**

1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of month  
1:00 p.m. – 2:30 p.m.  
ADRC  
832 N. 14<sup>th</sup> Ave.  
Sturgeon Bay, WI 54235

## **Northern Door Chapter**

2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of each month  
1:00 p.m. – 2:30 p.m.  
Sister Bay Library, Community Room  
2323 Mill Road  
Sister Bay, WI 54234

## **Southern Door Chapter**

2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of each month  
1:00 p.m. – 2:30 p.m.  
St Francis St Mary's Church  
Brussels, WI

## **Washington Island Chapter**

1<sup>st</sup> Friday of the month  
11:00 a.m. – 12:30 p.m.  
WICHP Fellowship Hall at Trinity  
Lutheran Church (920) 847-2108

Free of charge Professional facilitators

Assistance with transportation and respite care available, upon request

*Our support groups are a safe and supportive place for family caregivers to share the joys and burdens of caregiving with others in similar circumstances. Please mark your calendars to attend or share this information with a family caregiver who could benefit.*

FOR MORE INFORMATION  
CONTACT

**Door County ADRC**  
**(920) 746-2372 or (920) 746-2542**  
**Toll Free (888) 743-1844, ext. 2542**



## NEED A RIDE?

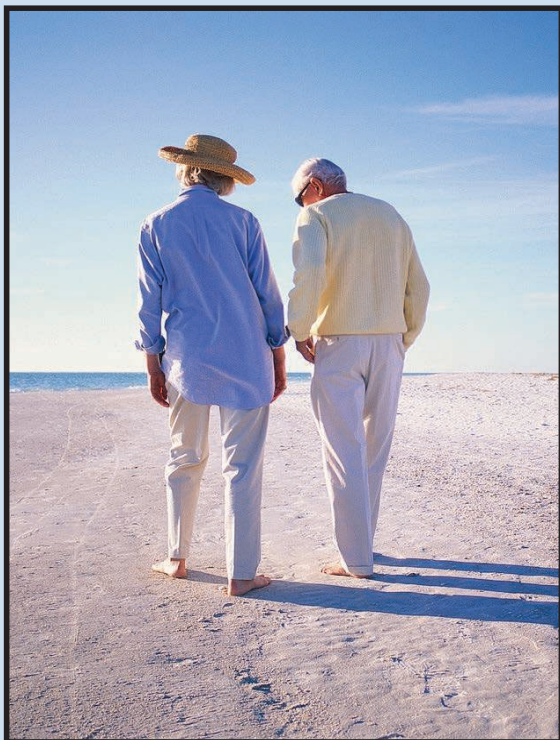


In the Sturgeon Bay community, transportation is a basic need. Without access to safe, reliable, efficient, and affordable transportation, older adults and people with disabilities may be unable to access medical care, groceries, or activities at our center, which isolates these individuals and diminishes their quality of life.

Our ADRC Bus and Van are wheelchair accessible. The cost of a ride is \$1.00 per stop. The ride to and from our Center for our Noon meal is \$1.00 round trip.

To Schedule a Future Appointment: Call (920)746-2548  
For Same Day/Immediate Appointments: Call (920)493-0136

## Have you *really* thought of everything?



There are many pieces to a well-built financial plan such as savings, insurance, and investments.

*Have you ever thought about your end-of-life expenses?*

Today, more people are pre-funding their final expenses to avoid a financial burden to their survivors.

**For a no-obligation explanation, contact:**



David A. Lenius  
CLU®, ChFC®, CASL®, CFP®  
532 Jefferson Street  
Sturgeon Bay, WI 54235  
920.743.3962  
[www.leniusfinancial.com](http://www.leniusfinancial.com)

# CAREGIVERS HAVE RIGHTS, TOO!

It happens gradually. She needs a little help balancing the checkbook. There are other bills on the counter not getting paid. The layer of ice on roads and sidewalks leaves you nervous about a fall so you stop for her groceries and accompany her to appointments. You notice that her floors are dirty and there is a laundry basket of clothes waiting to be washed. You do more and more for her and soon find yourself making daily phone calls or visits to help. You have become a caregiver. Your mother could not live at home alone without your help.

The next things you notice involve your own life – when is the last time I had lunch with my friends? When did I start eating fast food so often? I used to love going for walks, but how long has it been? And why do I feel so grumpy, angry and frustrated? The answers are enmeshed with your new “job” that you didn’t realize you had.

Caregiving is like another job. You choose to do it and truly want to do it. But when you put your own life and needs on the backburner, you can run into trouble. Caregiving can consume your time, thoughts and energy and it can chip away at your physical and emotional health. But don’t dismay, you can be a healthy caregiver! You have rights as a caregiver and following these rights will keep you healthy and help you give better care to your loved one, too.

For all you caregivers out there, please read and follow these rights. You have the right to:

- Take care of yourself without any feelings of guilt. By maintaining your own health, you will be happier, healthier and a better caregiver for your loved one!
- Continue having a life of your own – one that does not include your role as a caregiver. Make it a priority to keep doing the things you love, knowing that you are also doing all you can for your loved one.
- Feel and express the strong emotions that caregiving produces. It is normal to feel anger, fear, loss and depression. Acknowledge these feelings and find someone to talk to about them.
- Refuse feelings of guilt that may be put upon you by your loved one or others. Do not allow yourself to be manipulated by guilt or other negative feelings.
- Accept the positive feelings - appreciation, love, forgiveness, gratitude – bestowed on you by your loved one and others who see your difficult task. Caregiving is hard work and you should feel happy and proud to be a caregiver.
- Seek help from others, whether from friends and relatives or paid help. No one can do it all. Accept help in order to maintain your own life and individuality. You will need this life to return to when your days of being a caregiver ends.

If you need help finding resources for home care services, support groups or other caregiving issues, please call the Aging and Disability Resource Center of Door County at (920)746-2372 or email us at [ADRC@co.door.wi.us](mailto:ADRC@co.door.wi.us).

Jane Mahoney  
Older American’s Act Consultant  
Greater Wisconsin Agency on Aging Resources

## LEARNING OPPORTUNITY

# Are you caring for a friend or family member with dementia?

Would you like to learn more about dementia?  
Come to the Aging and Disability Resource Center

Part 1 on Wednesday May 31st from 12:45pm -2:45pm

Part 2 on Tuesday June 6th from 12:45pm -2:45pm

for a FREE training! Must attend both sessions.

Learn how to communicate in tough situations, the importance of advance directives, environmental safety, ways to take care of yourself as the caregiver, information about the Wisconsin Silver Alert program, and a basic overview and early detection of dementia.

**embrace**  
embrace your inner self  
connection • creativity • presence • health

**Marggie Hatala**  
End of Life Consultant  
Educator/Mentor  
for End of Life Doula/givers  
Author/Speaker



(920) 495-1566 • marggie.hatala@live.com

UPGRADE TO A  
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Contact us for details **ad**  
**800-950-9952**

**Ross Estate Planning**

218 North 14th Avenue  
Sturgeon Bay, WI 54235  
(920) 743-9117  
www.rossestateplanning.com

- Wills & Trusts
- Power of Attorney
- Long Term Care Planning
- Medicaid Planning & Applications
- Business & Farm Planning
- Veteran (VA) Benefits
- Special Needs Trusts
- Probate & Trust Administration

We believe in the team approach of caring professionals to ensure the client always comes first.



Call today to schedule a complimentary consultation with Attorney Robert A. Ross or Attorney Stacy A. Vogeltanz

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YOUR FAMILY & HOME**  
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**ADT AUTHORIZED DEALER**



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with everyday activities.**

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Dressing Grooming Cleaning



**Advocates2.com**



## GOOD TO KNOW

### Abuse of Adults with Dementia

Research indicates that people with dementia are at a greater risk of elder abuse than those without. About 5.1 million American elders over 65 years old have some sort of dementia. Close to half of all people over 85 years old, the fastest growing segment of our population, have Alzheimer disease or another kind of dementia.

People with dementia are particularly vulnerable to abuse because of impairments in memory, communication abilities and judgment. Prevalence estimates are influenced, and possibly underestimated, by the fact that many people with dementia are unable, frightened, or embarrassed to report abuse. Additionally, several studies have confirmed that as dementia progressed, so does the risk of all types of abuse.

Intervention Professional, multidisciplinary teams.

Given the complex nature of elder abuse, inter-professional teams consisting of physicians, social workers, law enforcement personnel, attorneys, and other community participants working together in a coordinated fashion, have been identified as a possibly successful intervention as no single discipline or sector alone has the resources or expertise needed to address the issue.

\*\*\*\*\*

**Are you concerned about an older adult or someone with a disability?**

**If you believe that someone is being taken advantage of or hurt in some way, we are here to help. Keeping people safe is everyone's business.**

**Please call the ADRC at (920) 746-2542 or stop in to meet with a social worker regarding your concerns.**

\*\*\*\*\*

### OLDER AMERICAN MONTH MAY 2017

Getting older doesn't mean what it used to. For many aging Americans, it is a phase of life where interests, goals and dreams can get a new start. Today, aging is about eliminating outdated perceptions and living the way that suits you best.

OLDER AMERICAN MONTH was started in 1963, led by the ACL-Administration for Community Living and celebrated in May of each year. It has been a time to celebrate older Americans, their stories, and their contributions.



# YOU ARE CORDIALLY INVITED TO...

## BE PART OF OUR COMMUNITY CONVERSATION ON EMPLOYMENT OPPORTUNITIES FOR INDIVIDUALS WITH DISABILITIES

### Why?

We are facing a workforce challenge! As our workforce continues to age. Individuals with disabilities are trying to find ways to be contributing members to the community.

- Citizens with disabilities in Door County want to work and contribute to their community
- Businesses need every hard working person they can get
- We must find a way to provide all individuals who want to work an opportunity

### Who Should Attend?

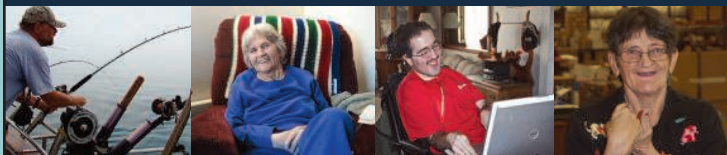
- Employers
- Community Leaders
- School Personnel
- Policy Makers
- Clergy and other faith community leaders
- Community members interested in making Door County a better place to live and work for everyone!

**May 11th 2017**

**9 am—10:30 am**

**Prince of Peace Lutheran Church 1756 Michigan St  
Sturgeon bay WI 54235**

Lakeland Care provides Family Care Supports throughout Northeastern Wisconsin, serving members since 2000.



Some of the services we manage for you include:

- Care Management
- Personal Care
- Medical Supplies & Equipment
- Outpatient Mental Health
- Residential Care
- In-Home Supportive Care

For more information about care management services available, contact the **ADRC of Door County at 855-828-2372**. They can also assist you with information about Family Care eligibility and enrollment.



DHS Approval 11/1/16

**THE GATHERING**  
Assisted Living and Wellness Center  
*A Bridge to Rehab, Recovery & Wellness*

For more info call 920.746.7550

**NOW ACCEPTING FAMILY CARE FUNDING**



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920-743-9289



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STURGEON BAY, WI  
(920) 743-8316

## **SPECIALIZED SERVICES, LLC** **NEW LIVING CHOICES**

**• Companionship, Personal Cares • Laundry • Transportation, Housekeeping and much more...**

Today, there are many nursing homes and residential care facilities throughout the country willing to support those with special needs.

However, there are many more senior citizens and disabled individuals who do not need the full medical facilities. These individuals, with a little assistance, can continue to live in the comfort of their own home through the help of Specialized Services, LLC.

Our team of experienced care givers could be the answer. We offer in-home companionship and support senior citizens and disabled, both physically and mentally, needing assistance with daily living activities.

***Our goal is to provide the quality services necessary to help your loved one live healthy and happily in his or her own home.***

CHECK THIS OUT!!!



YOU ARE INVITED TO ATTEND A SCREENING OF

# | GENDER REVOLUTION

A JOURNEY WITH KATIE COURIC

HOSTED BY:



DATE **Monday, May 8th, 2017**

TIME **6:00 p.m. - 9:00 p.m.**

VENUE **Hope United Church of Christ**

ADDRESS **141 S. 12th Avenue, Sturgeon Bay, Wi**



## DO YOU HAVE ID CARD

We are currently working on getting everyone that comes to our Senior Center an ID card, if you do not have one and need one made or think you may have one waiting for you please see Jenny or Barb  
Thank you!



### HEARTHSIDE

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For The Elderly*

**920-854-7225**

Sister Bay, WI 54234

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#### Andrea Patza, NP

*Adult Nurse Practitioner*

Andrea Patza joins our team of experienced primary care providers who offer sensitive care to address the health and wellness needs of individuals and families ages 18 years and older. By selecting a primary care provider, you get a partner to help you manage your overall health and well-being.

#### Now accepting patients at:

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Sturgeon Bay, WI 54235  
920-746-7200

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Andrea Patza joins the comprehensive team of providers, including:

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Laura Boucher, NP  
Paul Maes, DO  
K. David Steinke, DO

#### Internal Medicine

Kumar Akashdeep, MD  
Andrea Patza, NP

#### Urgent Care

Lisa Frisque, NP  
Paul Maes, DO  
K. David Steinke, DO  
Ann Vanden Heuvel, NP

#### Obstetrics/Gynecology

Thomas Gallagher, MD  
Kimberly Winburn, MD

#### Nephrology

Jyoti Brar, MD

#### Gastroenterology

Kelly Cherne, PA-C

#### Other Specialties

Cardiology  
Neurosurgery  
Orthopedics  
Physical Therapy  
Podiatry

For more information or to schedule an appointment, please call 920-746-7200 or visit Aurora.org.

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www.informedchoice.com

**MEDICARE**



This is an advertisement for insurance. Neither Informed Choice or its agents are connected with the Federal Medicare program. IC111016



## DID YOU KNOW

Join us for a Daytrip to Miller Park  
Milwaukee Brewers vs. San Francisco Giants  
Thursday, June 8th 1:10pm Start Time



Your Trip Includes: Round-trip Deluxe Motor coach  
Depart Senior Center at 6:30am & return around 7:30pm  
Complete tailgate party with food and refreshments starting at 10am  
Field Level seat on the first base side  
**Tickets for \$45**  
**\*\*Sign up at front desk\*\***

### Upcoming Programs with the Alzheimer's Association

**\*\*Sign Up Required\*\*** Please call front desk to sign up!

Friday, July 7th at 12:45p.m.	Understanding & Responding to Dementia
Friday, August 4th at 12:45p.m.	Conversations about Dementia
Friday, August 11th at 10a.m.	Legal & Financial Part 1
Friday August 11th at 12:45p.m.	Legal & Financial Part 2 with Elder Law Attorney & Mary Bink

### **Volunteers Needed!**

We are currently looking for volunteers to help with our garden and serve meals during our lunch hour. Join our team and bring a friend or meet some new people! Please see Jenny to learn more information



### **Newsletter Distribution**

Help us get the word out about the happenings at the ADRC!  
If you are interested in helping distribute our monthly newsletter to local businesses around the area please call front desk to find out more details!



## DID YOU KNOW

### Free Foot Clinic will be back again!

Friday, May 5th  
from 8:30am - 1pm

The clinic include a foot soak/  
massage with lotion and nail  
cutting

**The cost of this is FREE!!**

\*\*\*Sign up at the Front Desk\*\*\*



### May Trip: **Lautenbach Orchard Winery Tour**

Monday, May 15th at 1pm

A fun and informative tour  
includes a visit to the orchards, vineyards,  
production area, short video, and exclusive  
private tasting and keepsake wine glass!

**\$4.00 per person**

**Tour & Tasting last 1 hour**

**\*Sign up at Front Desk\***



lautenbach's orchard country

### *Trusted team. Close to home.*

#### **DOOR COUNTY MEDICAL CENTER**

- Sturgeon Bay - 920.743.5566

#### **NORTH SHORE MEDICAL CLINIC**

- Sturgeon Bay - 920.746.0510
- Fish Creek - 920.868.3511
- Algoma - 920.487.3496
- Washington Island - 920.847.2424
- Southern Door - 920.746.3664

#### **URGENT CARE**

- Sturgeon Bay - 920.746.3800

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- level IV trauma center
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**Door County  
Medical Center**

IN PARTNERSHIP WITH HOSPITAL SISTERS HEALTH SYSTEM

STURGEON BAY | 323 South 18th Ave. | 920.743.5566 | [dcmedical.org](http://dcmedical.org)

# DAILY ACTIVITIES MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
8:00 Gadget Guy 10:00 DVD Fitness 11:00 Senior Fit 12:00 Bridge 1:00 Adult Coloring	8:30 Strong Women 9:30 Euchre 9:30 Jolly Exercisers 10:30 Blood Pressure 10:30 Crafts 11:00 Music by Ken 12:00 Care Talks Kick Off 1:00 Bingo/Knitting	9:00 Pinochle 10:00 DVD Fitness 11:00 Zumba 1:00 Poker 1:00 Caregiver Group	8:30 Strong Women 9:30 Jolly Exercisers 11:00 Senior Fit 1:00 Wood Carving 1:00 Bingo	8:00 Foot Care Clinic 10:00 DVD Fitness
8	9	10	11	12
10:00 DVD Fitness 11:00 Senior Fit 12:00 Bridge	8:30 Strong Women 9:30 Jolly Exercisers 9:30 Euchre 10:30 Crafts 12:00 Care Talks 12:00 Bayship 1:00 Bingo/Knitting	9:00 Pinochle 10:00 DVD Fitness 1:00 Poker	8:30 Strong Women 9:00 Ask Athletic Trainer 9:30 Jolly Exercisers 11:00 Senior Fit 11:30 Stroke Support 1:00 Wood Carving 1:00 Bingo	10:00 DVD Fitness 11:00 Zumba 11:30 Ben Larson 11:45 Spring Fling 1:15 Manicures
15	16	17	18	19
8:00 Gadget Guy 10:00 DVD Fitness 11:00 Senior Fit 12:00 Bridge 12:00 Lautenbach Orchard Wine Tour	8:30 Strong Women 9:30 Jolly Exercisers 9:30 Euchre 10:30 Crafts 12:00 Care Talks 1:00 Bingo/Knitting	9:00 Pinochle 10:00 DVD Fitness 12:00 Door Tran 1:00 Poker 1:00 Caregiver Group	8:30 Strong Women 9:30 Jolly Exercisers 11:00 Senior Fit 1:00 Wood Carving 1:00 Bingo	10:00 DVD Fitness 11:00 Zumba 11:30 Tasty Tidbit
22	23	24	25	26
10:00 DVD Fitness 11:00 Senior Fit 12:00 Bridge	9:30 Jolly Exercisers 9:30 Euchre 10:30 Crafts 12:00 Care Talks 12:45 Public Health Nurses 1:00 Bingo/Knitting	9:00 Pinochle 10:00 DVD Fitness 1:00 Poker	9:00 Ask Athletic Trainer 9:30 Jolly Exercisers 11:00 Senior Fit 12:15 Music by George 1:00 Wood Carving 1:00 Bingo	10:00 DVD Fitness 11:00 Zumba 1:00 Low Vision Group
29	30	31	1	2
<b>CLOSED FOR DAY</b>	9:30 Jolly Exercisers 9:30 Euchre 10:30 Crafts 12:45 Greif Support Group 1:00 Bingo/Knitting	9:00 Pinochle 10:00 DVD Fitness 12:45 Dementia Training for Caregivers Part 1 1:00 Poker		



## SPECIAL EVENTS MAY

**Tuesday, May 2nd  
from 10:30 - 1pm  
Blood Pressure  
Checks**



### Entertainment



**5-02 at 11:00am Music with Ken  
5-12 at 11:30am Ben Larson  
5-25 at 12:15am Music with  
George**

**Public Health  
Nurses:**



**Sun Safety  
May 23rd  
at 12:45pm**

**Friday, May 12th  
1:15—3pm**

**Free Manicure with  
Students from Paul  
Mitchell Beauty  
School  
\*\*Sign – Up\*\*  
By Appointment  
only**



### **Tasty Tidbits:**

**“A New Twist on Coleslaw”  
with Dietician Carmen  
Friday, May 19th  
at 11:30am**

**May Craft Class  
Tuesdays at 10:30am**



**Grief Support  
Group  
Mandy Sarazen,  
from AseraCare  
Hospice  
Tuesday, May  
30th  
at 12:45pm**

**Wednesday, May 17th  
at 12pm  
Transportation Services**

*Nikki Voight from Door-Tran will provide transportation information and examples of how Door-Tran and their partners get people where they need to go. Come and learn about the various transportation options that have been implemented in the past ten years based. Information learned may help you someone you know today or in the future.*

**Ask the Athletic  
Trainer Thursday,  
April 11th & 25th  
From 9am –10am  
In Exercise Room  
Call front desk for  
an apt.**

**The Gadget Man”  
May 1st & 15th  
8:00 - 11:00 AM  
If your new or an  
advanced user,  
he can assist you.  
Laptops, tablets,  
iPhones, and An-  
droids No prob-  
lem  
Call for an  
appointment**



# COLESLAW WITH A TWIST

Carmen Schroeder, RDN, CDE, CD

**Looking for a new way to enjoy fresh fruits and vegetables? Slaws are perfect, easy-to-prepare dishes.**

Coleslaw is a food made from finely shredded white hearts of cabbage bound together with various dressings such as mayonnaise, soured cream, yogurt, French dressing, possibly in combination, and with other possible additions such as nuts, grated carrots, chopped and vinegared onions, celery, or apples. While there are countless slaw variations, two traditional coleslaw ingredients are cabbage and carrots — both of which boast healthy nutrition profiles

One cup of raw chopped cabbage offers a mere 22 calories and provides 2.2 grams of fiber. It is an excellent source of vitamin C and provides phytonutrients - lutein and zeaxanthin. Besides carrots, you can further boost your slaw by adding other nontraditional ingredients.

**Cut thin ribbons of broccoli, bok choy, Swiss chard, kale, beets, green papaya, apples, jicama or mango. Use a traditional mayonnaise dressing with fresh herbs, or change it up with a light rice vinaigrette or sesame-soy tahini combination.**

Need some slaw inspiration? Here are some variations certain to please any palate:

- **Sweet/tart slaws:** Made with sweet dressings and flavorful vinegars, these slaws often include sweet fruits such as pineapple, apple or raisins. Dried cranberries, toasted almonds or thinly sliced fennel are other flavor enhancers.
- **Creamy slaws:** These mayonnaise-based slaws can be deliciously spicy when made with mustards and horseradish. Substitute low-fat versions of mayo, sour cream or yogurt and add broccoli, broccolini, chilies or red pepper flakes for more crunch and heat.
- **Asian-inspired slaws:** With no creamy ingredients and fewer added sugars than its traditional counterparts, common ingredients include ginger, peanut butter, lime juice, soy sauce, sesame oil, sesame seeds, green onions, dry noodles and peanuts.
- **Exotic slaws:** Exotic slaws may or may not include cabbage, but these varieties are considered slaws because of the way the vegetables, fruits or other ingredients are finely chopped and tossed together.

**Sweet peppers, radicchio and squashes make for a colorful slaw as well. So be creative the next time you are browsing your grocery produce section. Your slaw recipe could be a big hit at the next family meal.**



# TRY ME!!

## PEPPERY COLESLAW WITH CUCUMBERS AND CELERY

### Ingredients

1/2 small head cabbage, shredded  
1/2 cucumber, chopped  
1 stalk celery with leaves, finely chopped  
2 tablespoons chopped fresh cilantro  
2 tablespoons chopped fresh flat-leaf parsley  
1/2 cup mayonnaise  
1 tablespoon white vinegar  
1/4 teaspoon onion powder  
1/2 teaspoon salt  
1/2 teaspoon coarsely ground black pepper

Mix cabbage, cucumbers, celery, cilantro, and parsley in a bowl. Whisk mayonnaise, vinegar, onion powder, salt and black pepper in a separate bowl; stir dressing into slaw until mixed. Chill 1 hour before serving..

## ORIENTAL SESAME SLAW

### Ingredients

1 head green cabbage, shredded  
1 large carrot, grated  
1 cup grated jicama  
1 tablespoon black sesame seeds  
1 cup mayonnaise  
2 tablespoons rice vinegar  
1 tablespoon sesame oil  
3 tablespoons honey

Place the cabbage, carrot, jicama and sesame seeds in a large bowl. Drizzle the dressing over the salad; toss until evenly coated. Chill at least 4 hours before serving.

## ASIAN STYLE SLAW

### Ingredients

6 scallions, trimmed & sliced thinly  
16 oz bag of shredded green cabbage  
16 oz bag of shredded red cabbage  
1 small red onion, thinly sliced  
¼ cup soy sauce  
¼ cup lemon juice  
¼ cup vegetable oil  
2 Tbsp (~1-piece) grated fresh ginger  
2 Tbsp white vinegar  
2 Tbsp dark brown sugar  
2 tsp Asian sesame oil  
2 tsp sesame seeds (optional)  
1 tsp salt  
¼ tsp black pepper

Toss sliced scallions, shredded cabbages and chopped onion in a large bowl; mix thoroughly. Stir the remaining ingredients together in a small bowl until blended, then pour over the vegetables; mix. Serve within 1 hour of dressing.



# NUTRITION PROGRAM INFORMATION

ANYONE 60 YEARS OF AGE AND OVER:  
\$4.00 IS A SUGGESTED CONTRIBUTION

ANYONE UNDER 60 YEARS OF AGE MEAL COST IS:  
\$12.00 FOR THE HOT MEAL AND \$8.50 FOR THE SOUP/SALAD BAR

All Meal Sites Serve Lunch from Noon-12:30p.m.

**Reservations Are Required for Baileys Harbor, Liberty Grove, Forestville and  
Washington Island Meal Sites**

**Baileys Harbor Meal Site**

**Town Hall Building**

2392 Cty Rd F

Baileys Harbor WI 54202

Phone: (920)746-2542

**Serving: Wednesday & Friday**

**Liberty Grove Meal Site**

**Town Hall Building**

11161 Old Stage Rd

Sister Bay WI 54234

Phone: (920)746-2542

**Serving: Monday, Wednesday & Friday**

**Forestville Meal Site**

**Bayview Terrace Apartments**

178 West Park

Forestville WI 54213

Phone: (920)746-2542

**Serving: Tuesday & Thursday**

**Washington Island Meal Site**

**Community Center**

910 Main Rd

Washington Island WI 54246

Phone: (920)847-2522

**Serving: Monday, Wednesday and  
2nd & 4th Friday of the Month**

**Sturgeon Bay Meal Site**

**Aging and Disability Resource Center**

832 N 14th Ave, Sturgeon Bay WI 54235

Phone: (920)746-2542

**Serving Noon Hot Meal: Monday thru Friday**

**Serving Soup and Salad Bar: Monday thru Friday**

Please call (920)746-2542 if you are interested in receiving or making a referral for  
Home Delivered Meals (MOW's) or Frozen Meals.

# WASHINGTON ISLAND MENU

MONDAY	WEDNESDAY	FRIDAY
Meatloaf /Gravy Baked Squash* Coleslaw Pineapple Chunks* Birthday Cake/w Ice Cream* Bread* 1	Beef Tips Mashed Potatoes* Cauliflower w/cheese sauce Sliced Peaches* Brownies* Roll* 3	
Baked Ziti* Shredded Cheese Tossed Salad Cheese Cake w/Fruit Topping* Fresh Grapes* Bread Stick* 8	Chef Salad Ham/Peas/Egg Chicken/Onion/Tomato Fresh Fruit* Dessert* Corn Muffin* 10	Pork Chop Mashed Potatoes* Gravy Green Beans Cherry Pie w/ ice cream* Roll* 12
Cream of Broccoli Soup* Chicken Salad Sandwich* W/Tomato & Lettuce Cookie* Fruit* 15	Sweet & Sour Pork Egg Roll* Brown Rice* Oriental Veggies Yogurt w/ Fruit* 17	
Ham Potato Salad* Steamed Cabbage Yogurt Fruit Parfait* Bread* 22	Brat on Bun* Sauerkraut Potato Wedges* Baked Beans* Cheese Stick Fruit* 24	Baked Chicken Scalloped Potato* Mixed Veggies Green Salad w/ dressing Mandarin Oranges* Roll* 26
<b>CENTER CLOSED MEMORIAL DAY</b>  29	Swedish Meatball Egg Noodles* Beets Applesauce* Multigrain Roll* Birthday Cake* 31	

- *Signifies Foods that count as Carbohydrate choices. Milk is also served every day and is a carbohydrate choice.*
- *Carbohydrates are found in breads, cereals, grains, fruits, milk, starchy vegetables and sweets. Eating the same amount of carbs at each meal can control blood sugar.*

# STURGEON BAY, FORESTVILLE, LIBERTY GROVE, BAILEYS HARBOR MENU- MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Grilled Burgers Cheese Slice Three Bean Salad* Fresh Fruit* Cookie* 1	Spaghetti* Tossed Salad Yogurt Parfait* Garlic Stick* 2	Chicken Casserole* Steamed Broccoli Cottage Cheese Fruit* Muffin* 3	Taco Salad Sour Cream Fruit* Dessert* 4	Battered Cod* Scallop Potato* Pea Salad Cheese Cake* Fruit* Rye Bread* 5
Swedish Meatball Mash Potato* Mixed Veggies Rice Pudding* Fruit* 8	Baked Chicken Sweet Potatoes* Veggies Cream Puff * Cheese Stick Roll* 9	Sweet & Sour Pork Brown Rice* Egg Roll*/Fruit* Mixed Vegetables Birthday Cake* Cheese Stick 10	Grilled Chicken/ Bun* Potato Salad* Coleslaw Pistachio Torte* 11	Pork Chops Augratin Potato* Beets/ Roll* Cake* Stewed Apple* 12
Sloppy Joes Potato Wedges* Coleslaw Cottage Cheese Pineapple* 15	Pork Roast Scallop Potato* Brussels Sprouts Cherry Pie* Bread* 16	Turkey Devon Mash Potato* Broccoli Pumpkin Bar* Bread* 17	Beef Stroganoff Over Noodles* Key Largo Blend Strawberry Short Cake* Cheese Stick Bread* 18	Chef Salad Rice Krispy Treat* Fresh Fruit* Hard Roll* 19
Chicken Tenders* Tator Tots* Cheesy Creamed Spinach Yogurt Fruit Cup* Roll* 22	Stuffed Pepper Soup* Ham/Cheese Sand* Mandarin Oranges* Dessert* 23	Roast Beef Mashed Potatoes* Green Beans Lemon Bars* Bread* 24	Chicken Parmesan Asparagus Coffee Cake* Fresh Fruit* Garlic Bread* 25	Hot Dog/Bun* Stewed Tomato Baked Beans* Veg. Jell-O* 26
<b>CENTER CLOSED MEMORIAL DAY</b> 29	Shepard's Pie* Romaine Salad Yogurt Parfait* Bread Stick* 30	Cream of Potato Soup* Tuna Salad Sand* Carrot Sticks Grape Salad* Pudding* 31		

- *Signifies Foods that count as Carbohydrate choices. Milk is also served every day and is a carbohydrate choice.*
- *Carbohydrates are found in breads, cereals, grains, fruits, milk, starchy vegetables and sweets. Eating the same amount of carbs at each meal can control blood sugar.*